

TEMPERAMENTS

Dating & Marriage

OVERVIEW

- Theory has been around for 100s of years or more
- Hippocrates (Greek physician) was the first to write about them
 - He observed four different types of individuals with related behaviors
 - He named them for what he believed to be different body fluids

SANGUINE

- ◉ A happy, pleasure-loving person
- ◉ From the Greek word for “blood”
- ◉ Outgoing, talkative, optimistic, enthusiastic, cheerful, spontaneous, creative, sincere, curious.
- ◉ They are somewhat forgetful, impulsive, and sometimes irresponsible.
- ◉ They become easily angered but usually do not hold grudges

SANGUINE

- ⦿ They are people-oriented and like to volunteer their time.
- ⦿ They often fail to complete projects and jump from one thing to another.

CHOLERIC

- ◉ A strong-willed and sometimes angry controller
- ◉ From the Greek for “yellow bile”
- ◉ They find satisfaction in completing projects and are goal-oriented. They are often workaholics and enjoy motivating others to hard work. They are well-organized, confident, active, strong-willed, independent, impatient and controlling.

CHOLERIC

- ◉ Not easily discouraged
- ◉ See the overall picture
- ◉ Quickly figure out what needs to be done

MELANCHOLY

- ◉ A sensitive perfectionist with a tendency toward sadness and depression
- ◉ From the Greek for “black bile”
- ◉ Conscientious and idealistic
- ◉ They take things so seriously that they are easily depressed, pessimistic, and often moved to tears.

MELANCHOLY

- ◉ They love to help but don't want attention for doing so
- ◉ They make friends slowly but are committed to relationships after they are made.

PHLEGMATIC

- ◉ An easy-going, peace-loving, and sometimes indifferent individual
- ◉ For the Greek for “phlegm”
- ◉ Tend to avoid conflict and seek to bring peace
- ◉ They are easy-going, relaxed, patient, kind, compassionate, agreeable, and inoffensive.
- ◉ They keep their emotions to themselves and are good under pressure.
- ◉ They have many friends and are usually well-liked.

PHLEGMATIC

- ◉ Their easy-going attitude is often irritating to others.